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Disclaimer

The information contained in this document represents the opinion of its author.

All dietary and training recommendations should be discussed with and cleared by your personal physician prior to their commencement.

No information in this text is meant to diagnose, treat, or cure any disease.

A Quick Recommendation

If you are reading this guide chances are you are a young male between the ages of 16 and 33. The information in this guide is for you. If you are beyond the age of 33 and want to gain size and strength you can certainly do it, but the extreme caloric intake recommended in this guide is not for you. You can follow the training and supplementing guidelines but should take a more moderate approach to your diet.

Mastodons of MASS! From Left to Right: Dave "Neutron" Hoff, Donnie Thompson, and AJ Roberts. All three are in the top 5 for all-time powerlifting totals.

Eating For Mass

Contrary to what you might be thinking, eating for mass isn't about eating the traditional bodybuilding foods like rice and chicken. If you want to get **HUGE** you have to fuel that growth with sufficient calories. You will have to consume calorie dense foods and that means you will have to consume foods which have a relatively high fat content.

To reach **STRENGTH BEAST** status you have to consume a diet which is high in quality protein and relatively high in fat. You simply cannot consume sufficient calories on a low-fat diet. You would literally have to graze like a cow all day long!

The following is a brief list of some of the best mass producing foods. These foods should be consumed liberally in your daily diet:

- whole milk
- red meats
- chicken
- fish
- eggs
- cheeses
- peanut butter
- nuts of all types

The above list is by all means NOT comprehensive. There are many other beneficial foods you can consume. When choosing which foods to consume try to stay with foods which are as natural and unprocessed as possible (note this does NOT mean uncooked). Strive to minimize your consumption of refined sugar.

Your target daily caloric intake is a minimum of 25 calories per pound of body weight. This means a 200 lb man has a minimum target daily intake of 5000 calories during his quest for maximum mass. Please note this is a minimum target and more calories can and should be consumed if warranted.

Liquid calories are easier to consume (no chewing, no dry mouth) than solid foods. Both MAXIMUS and Opticen can be used to make high calorie shakes. These shakes can be a lifesaver for many of you who struggle to consume the necessary number of calories. Below are 2 sample shakes:

Above: AtLarge Nutrition's MAXIMUS

<u>THE MAXIMUS:</u>

5 scoops of MAXIMUS – prot: 62g cals: 616
2 cups of vanilla ice cream – prot: 10g cals: 538
4 cups of whole milk – prot: 32g cals: 600

Totals: **104g** of protein and **1,754 BIG CALORIES!!!**

<u>Opticen Annilhation:</u>

3 scoops of Opticen – prot: 40g cals: 372
3 tablespoons of peanut butter – prot: 15g cals: 285
1 cup of vanilla ice cream – prot: 5g cals: 269
4 cups of whole milk – prot: 32g cals: 600

Totals: **92g** of protein and **1,526 BIG CALORIES!!!**

***Note: If you find the above shakes to have too thick of a consistency feel free to add more liquid and to consume as two shakes.**

These shakes are **MONSTER BUILDERS** and should be consumed **in addition** to the whole foods you consume throughout the day.

Even with the shakes, meeting your minimum daily caloric intake target will not be easy. The underlying point in this statement cannot be sufficiently emphasized. The reason so many young men struggle to gain weight and never reach their goals (often times turning to potentially dangerous anabolics) is that they under-eat. They swear that they are eating a "ton" of food and that they could not possibly eat more while simultaneously lamenting their lack of progress in the gym and their inability to gain weight.

Old School Mass! Bill Grant and Arnold

Becoming a **MASS MONSTER** is not easy! If it were, there would be a lot more of them out there. You have to have the burning desire to achieve your goals and then the drive to execute what must be done in order to actually do it! This is no game for wishy-washy twits who *think* they would like to be big. You have to ***want it*** like you have never wanted anything before! This brings a story to mind which I read in an interview several years ago with former professional bodybuilder John Defendis. John recanted a tale from when he was the protégé of

former Mr. America Steve Michalik. Evidently, early on in their trainer/trainee relationship they had gone to the beach one day either before or after that day's training session. As the story goes, they were both in the water when Michalik jumped Defendis and proceeded to push him under the water. He held Defendis under water for a prolonged period and Defendis literally had to fight for his life in order to come up for air! When he finally came up, *gasping* for air, Michalik calmly told him that when he ***wanted, needed*** to build his body like he wanted and needed air moments before he would finally have the right frame of mind to be a champion! An extreme story to say the least, but do not miss the point! When you want to be big and strong like John Defendis wanted air you too will have the proper mindset to achieve and surpass your goals!

A major reason so many young men feel they cannot consume more food is because they do not condition their stomach for it. You must push yourself in order to expand your stomach and this can be unpleasant. In order to expand your stomach you must consume large meals and eat beyond the point of feeling "full". You do NOT want to eat until you vomit but you DO want to push the envelope and come close to it. Over time this will allow you to more comfortably consume the necessary quantities of food. To this end, as mentioned earlier, you should consume your MAXIMUS or Opticen shakes with meals. This additional volume of foodstuff consumed with meals will aid in your stomach expansion efforts.

If you cannot, or are unwilling to do the above you should stop reading this guide now. You will fail and you will do so because you do not have the necessary constitution to reach your physical goals. Go back to your mundane and puny existence and leave the heavy lifting to the big boys…

For the rest of you, your odyssey is just beginning! You now know how to eat and supplement in order to get big, but we have not yet touched on how to train. Training is obviously one of the most important factors. Eating massive quantities of food will make you big, but you want muscular size not just lard!

AtLarge Nutrition Athlete Extraordinaire Eric Lilliebridge (right) and Bill Carpenter. These guys know how to pack on lean mass!

Training for Mass!!!

Training for maximum mass requires that you build your routine around the "basic" or "compound" movements. These include, but are not limited to, the following:

- squats (both front and back, full and partial range)
- deadlifts (full and rack, stiff-legged and Romanian)
- bench presses of all forms (incline, decline, with barbells or dumbbells)
- rows of all kinds
- chinning movements
- overhead presses of all kinds
- good mornings

Why must compound movements be the backbone of your max-mass training routine? There are many theories about why movements like squats and deadlifts realize such incredible overall bodily results in both strength and size. The idea that squats spur the body to release more growth hormone and testosterone than other exercises is often mentioned as a cause. While it may be true that greater amounts of anabolic hormones are released by the body as a result of squatting it is a stretch to say that the relatively small increase in circulating levels of these hormones is sufficient to cause the rapid overall gains that squats can induce.

Forget hormones and think of the fact that **efficiency** and **load** are the two main reasons compound movements are so effective. All compound movements work the largest skeletal muscles in the body. Squats, for example, target the quadriceps, hamstrings, hip flexors, erector spinae, and the gluteus maximus. When you squat you are training a huge percentage of the total volume of skeletal muscle in your body and you are doing so with very heavy loads. These heavy loads stress even the muscles that are not directly involved in the movement. The overall effect is a tremendous bodily stimulus for growth if the squats are trained with a relatively high degree of intensity of effort. The same thing is true to varying degrees for most compound movements and therein lies their beauty and the reason you *must* include them as the basis of your mass building routine.

Training volume has always been a topic of debate. The total volume that can be productive in your routine is directly correlated to the effort you put into each post-warm-up or "working" set. In other words, if you are training with loads which are easily handled and you stop well short of concentric failure (you cannot complete the repetition without help) you can handle a greater volume of training. If you go to concentric failure or beyond on each set you will find that you cannot tolerate much volume at all.

The "trick" with training is to find that happy medium of intensity of effort, load, frequency, and volume which nets you the greatest gains in overall size and strength. This is best done via individual experimentation but some basic parameters apply to the majority of natural trainees. Your total number of working sets (post-warm-up sets) per body part should be kept between 2-5. Frequency of training should be limited to no more than 5 days per week for resistance training. The conjugate method* of training espoused by Westside Barbell's Louie Simmons (www.westside-barbell.com) should also be employed. This method involves the rotation of compound movements for a given body part(s) on a regular basis (weekly, bi-weekly etc.).

Every exercise, or variation of a given exercise, even if for the same body part(s), stresses the nervous and muscular systems in a unique fashion and rotating movements allows for more frequent intense training without overtraining. Finally, periodization of the intensity of effort and training loads is necessary for optimal results.

*** Conjugate Method – As stated above this training methodology dictates the rotation of exercises on a regular basis by body part. So, for example, your *heavy* chest exercise for one week might be the barbell bench press. The next week, or two weeks later, you might switch to incline dumbbell presses as your *heavy* movement of choice. This same method can and should be used for all of your "major" body parts (chest, shoulders, upper back, lower back, upper legs and hips). A method commonly practiced at Westside Barbell is to choose 4 exercises by body part and rotate them weekly on ME (Maximum Effort – see www.westside-barbell.com) day for a four week total cycle. On the fifth week the cycle is repeated.**

Left to Right: Justin Tooley (my training partner), Shaun M., and me. Justin and I are both about 265 lbs in this pic.

The "H.I.T." (H.I.T. or High Intensity Training is an acronym/phrase coined by Ellington Darden PhD) based idea that intensity of effort is the most important variable in one's training when seeking size and strength is misleading. HIT proponents state that training to failure (or beyond) is the only way to maximize your training results and this is simply not true. In fact, stopping short of failure on compound movements and the increase in volume it will afford the lifter will often lead to superior results especially when considered over the long-term. It *is* necessary to train with a high intensity of effort and heavy loads in order to stimulate an optimal response by the body ("optimal" being defined here as the greatest increase in the size and strength of the skeletal musculature), but it is *not* necessary to train to failure on multiple repetition sets with any regularity. An exception to this rule involves single joint, or isolation movements and higher repetition compound movements used for **assistance*** exercises. These exercises can be taken to failure regularly with good results.

*** Assistance Exercises - Single or multiple joint exercises utilizing high repetition sets taken to failure. They are performed after lower repetition "strength" work.**

Specific Routines

Below are your **ULTIMATE MASS ROUTINES**. Please keep in mind that these are suggested training templates and you can and **should**, over time, tweak them to your personal needs.

The format listed for sets and reps is as follows (for example):

4 x 4/4/3/2

The above denotes 4 working sets are to be performed with the rep counts per set to be 4, 4, 3, and 2 for the last set. Be sure to perform at least 2 warm-up sets per body part being exercised prior to your working sets. If 2 exercises are to be performed per body part you can use your discretion as to whether or not you feel the need to warm-up prior to your working sets for the second exercise.

Routine 1:

Day 1:

Incline Bench Press – 2 x 3/3
Dumbbell Bench Press – 1 x 30 (assistance)
Squat – 3 x 5/5/5
Weighted Ab Crunches – 2 x 10/10

Massive Jake Anderson of Westside Barbell Squatting over 1,100 lbs!

Day 2:

Rest

Day 3:

Deadlift – 3 x 2/2/2
One-Arm Dumbbell Row – 3 x 5/5/5
Barbell Curls – 2 x 5/5
Triceps Pushdowns – 2 x 10
Calf Raises – 2 x 15/15
Weighted Ab Crunches – 2 x 10/10

Day 4:

Rest

Day 5:

Barbell Bench Press – 3 x 5/5/5
Squat – 3 x 5/5/5

Good Morning – 2 x 15/15
Weighted Ab Crunches – 2 x 10/10
Seated Calf Raises – 2 x 10/10

Days 6 & 7:

Rest

Day 8:

Repeat the sequence. Remember, you can rotate in different exercises which work the same body parts on a weekly basis as per the conjugate method.

All-Time Record Holder Dave Hoff Benching HUGE! (Those aren't 45s…)

<u>Routine 2:</u>

Day 1:

Incline Barbell Press – 4 x 2/2/2/2

Weighted Dips – 1 x 30 (assistance)
Good Mornings – 3 x 5/5/5
Calf Raises – 2 x 10/10

Day 2:

Chins (wide, pronated grip) – 2 x as many as possible
T-bar Rows – 3 x 5/5/5
Calf Raises – 2 x 15/15
Weighted Ab Crunches – 2 x 10/10

Day 3:

Rest

Day 4:

Squat – 3 x 3/3/3
Walking Lunges – 2 x 15/15
Seated Calf Raises – 2 x 10/10

Day 5:

Standing Behind the Neck Press – 3 x 5/5/5
Barbell Curl – 2 x 8/8
Skull Crushers – 2 x 8/8
Weighted Ab Crunches – 2 x 10/10

Days 6 & 7:

Rest

Day 8:

Repeat the sequence

Conclusion

Follow the guidelines listed in this guide and you will bask in the glory and personal satisfaction of achieving your goal of **Maximum Mass!!!**